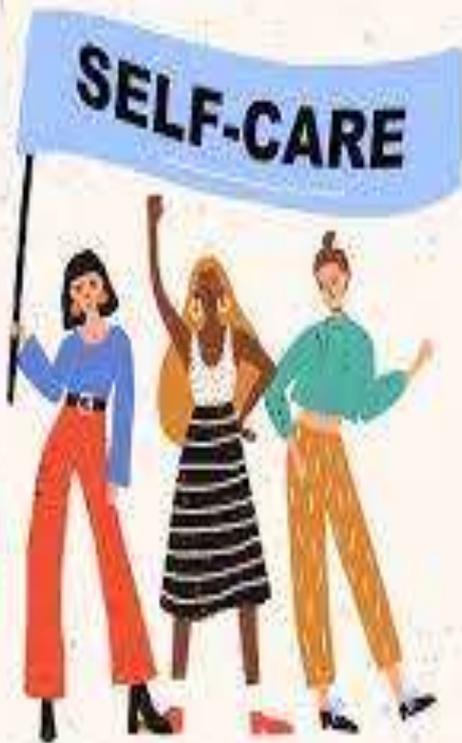


# SELF CARE FOR HEALTH WORKERS



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# Objectives

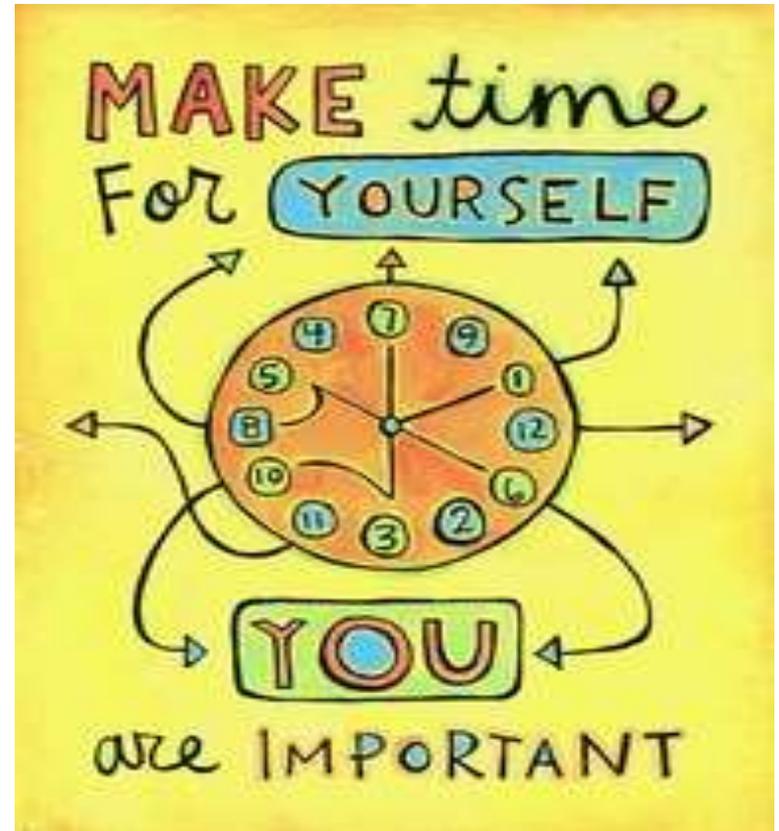
1. What is self care?
2. Discuss the components of self care
3. Identify and discuss the types of self care
4. Discuss the self care practices
5. Why is self care important?
6. Discuss the self care action plan



Caring  
for  
those  
who  
care

# What is self care?

It's the ability of individuals, families & communities to promote health, prevent diseases, maintain health & cope with illness and disability with or without the support of a healthcare provider (WHO)



# Self care con't

- Self care is simply taking care of you or yourself. *“Your MIND , BODY and SOUL”*
- Ultimately when we take care of our-selves and our needs is when we are best able to show up for people and responsibilities .
- **Note:** Self care is not selfish. It’s simply away of focusing on what makes you feel holistically nourished.
- Practicing self care is more essential when it comes to promoting our emotional, spiritual and physical health.



# Components of Self care

According to WHO, self care is  
abroad context which  
encompasses;

1. Health promotion
2. Disease prevention and control
3. Provide care to individual persons
4. Seeking  
hospital/specialist/primary care if  
necessary
5. Rehabilitation including palliative  
care.

Self care also  
encompasses;

- hygiene [personal  
and general],
- Nutrition
- Lifestyle
- Living conditions
- Social economic  
factors.

# 8 Types Of Self Care



## Physical

Nutrition  
Exercise  
Sleep



## Mental

Mindfulness  
Self-talk  
Therapy



## Emotional

Gratitude  
Triggers  
Journal



## Spiritual

Meditate  
Nature  
Yoga



## Intellectual

Read  
Learn  
Hobbies



## Environment

Clean  
Safety  
Decorate



## Social

Boundaries  
Connection



## Financial

Budget  
Save

# TYPES OF SELF CARE

1. **Psychological self care** (mental /emotional). What you see or feed in your mind should make you feel ; capable, worth, confident.
2. **Practical self care**: tasks you accomplish that fulfill core aspects of your life in order to avoid future stress e.g budgeting .
4. **Social self care** : activities that strengthen r/ships e.g rotary, church, health clubs, saccos. Exercises and leisure.



# TYPES OF SELF CARE

**5.Spiritual self care:** activities that nurture your spirit , soul mind and body , allows you to relax and think bigger.

**6.Physical self care:** taking care of ones health to prevent disease and death through life style modification



# SELF CARE practices include;

- ✓ A myriad of practices that you find enjoyable but also promote your physical, emotional, spiritual and mental health in some way like;
- ❖ **Making and maintaining friendships and circles.**
- ❖ **Get regular exercises**
- ❖ **Keep a balanced diet**
- ❖ **Think about yourself as your own best friend and prioritise you.**
- ❖ **ASK FOR HELP AND SUPPORT WHENEVER YOU FEEL LIKE IT**
- ❖ **Plan something to always look up to i.e. reading. Hanging out, catching up with pipo online or physically, review your schedules etc.'**



# WHY SELF CARE?

- According to the research made by health online on public perception by self care, it revealed that ;
  - 44% believed that self care is not possible due to lack of time .
  - 35% say self care is for those with enough time.

Harris polls affirms that self care is misunderstood and yes indeed, self care is misunderstood indeed.

**Supporting Self care interventions has the potential to;**

1. Strengthen national institutions to maximize efficient use of domestic resources for health.
2. Create sector innovations.
3. Improve human resource, build capacity among employees, improve customer thus increasing productivity.

# Why is self care important?

- ✓ Self care increases individual and company productivity
- ✓ Reduces stress and anxiety
- ✓ Protects mental health
- ✓ Leads to better relationships
- ✓ Boosts self esteem
- ✓ Promotes holistic personal growth and strength



# Fundamental principals of self care

1. Self reliance
2. Empowerment
3. Autonomy
4. Personal responsibility
5. Community participation.



"Caring for myself is not self-indulgence, it is self-preservation."

— AUDRE LORDE

# SELF-CARE ACTION PLAN



# SELF CARE ACTION PLAN

## A

1. Prevent illness especially chronic diseases.
2. Enhance personal r/ships
3. Maximize productivity
4. Manage stress and anxiety
5. Have a personal plan i.e. financial, social and physical
6. Boost self esteem through beauty, health and life style

## B

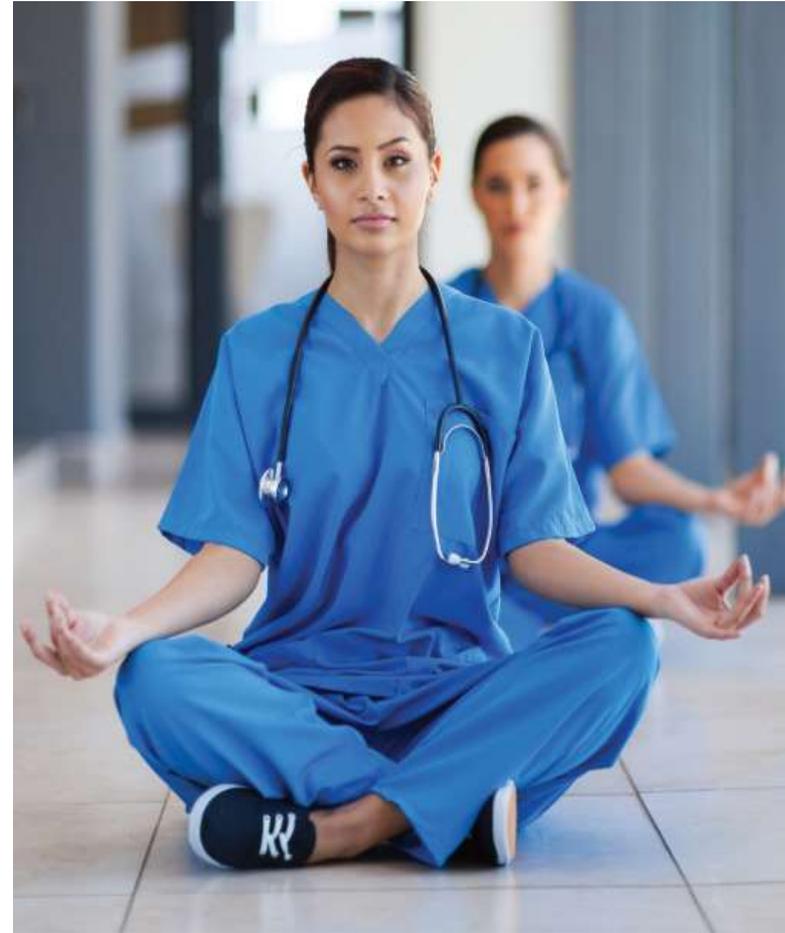
7. Start a digital fizzy files and fill it with your precious memories
8. Practise self compassion; love, talk, touch yourself.
9. Tune in, take a pose and a break to life hustles.
10. Recognize what inwardly works for and draw time , focus on that. It cud be good nutrition, exercise, social media

# Self care summary



# Conclusion

- While we are out there serving patients & clients, let's always think about ourselves and consider self care as an indicator of Mental health for effective service delivery.
- It's only a happy healthcare provider that will serve with a smile and meet the therapeutic emotional demands of patients and clients.



# Self care videos for health care workers

- [Self care for health workers:](https://www.youtube.com/watch?v=uRh8t0rfuUo)  
<https://www.youtube.com/watch?v=uRh8t0rfuUo>
- Selfcare planning:  
<https://www.youtube.com/watch?v=-oJawXgAhng>



